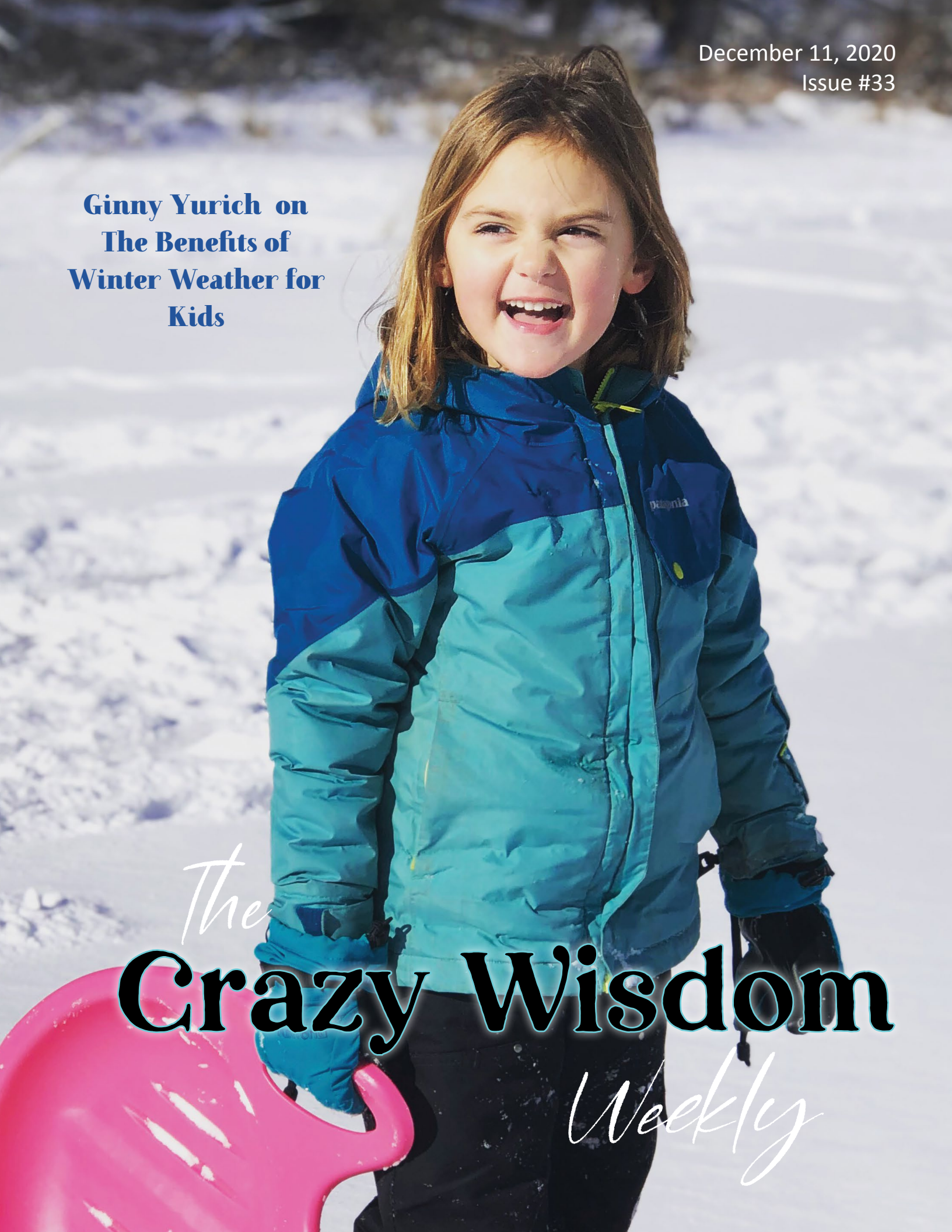
December 11, 2020
Issue #33

Ginny Yurich on The Benefits of Winter Weather for Kids



The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

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The Crazy Wisdom Weekly

Listen to the interview with Crazy Wisdom's co-owner, Bill Zirinsky, on Art & Soul with Lisa Barry.

[Art & Soul: Well Being - Crazy Wisdom Bookstore Is Oasis For People Searching In Their Lives]

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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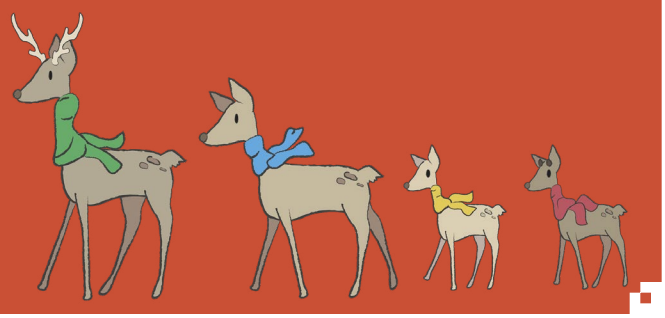

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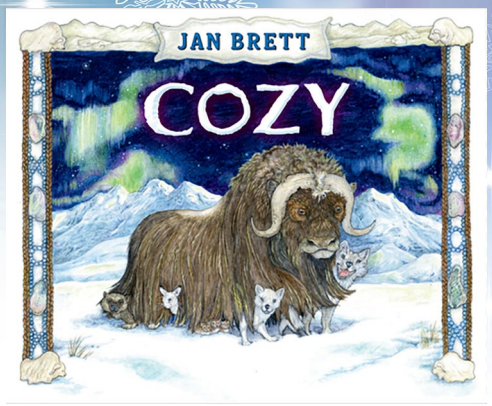

A New York Times Bestseller!

A group of clever animals find an unusual but warm and furry home during Alaska's long winter in Jan Brett's newest snowy adventure.
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Ginny Yurich
Michele McLemore
Sibel Ozer
Jeanne Adwani
Carol Clarke-Tiseo
Kim Gray
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Bummock

A bummock is an old Scots word that describes a large quantity of drink brewed specifically for a special occasion, and in particular at Christmas. In the 18th century a bummack, or bummock, was also the name of a party held for tenants by their landlords at Christmas.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

The Benefits of Winter Weather For Kids

By Ginny Yurich

In Michigan, the dazzling fall colors usher in the magical first snowfall followed by months of some bitter cold weather. It can be all too tempting to curl up in front of the fire and head outside only for grocery pick-ups and school drop-offs. Yet, the benefits of outside play for kids happen all year long, even throughout the winter months. Despite the effort it takes to bundle in layers, find matching mittens, and pull on snow boots, it is absolutely worth your time to get kids outside!

Compared to one hundred years ago, life has moved inside for both children and adults. In the 1920s, almost 75% of jobs took place outside. Scott Sampson, host of the PBS kids show Dinosaur Train and paleontologist at the Denver Museum of Nature & Science, quotes research stating that the average kid spends only four to seven minutes playing outside each day. People are always floored by this statistic. They wonder how it can possibly be true, since even maximum security prison inmates in the United States are guaranteed at least two hours of daily outdoor time. Most likely this is not a situation where kids walk outside for literally four minutes, only to turn around and come back in. It is instead, a circumstance where children only get a half hour here or forty five minutes there throughout the week to play freely outside.

Why go outside anyway? It certainly is a lot of work and there are plenty of other things to do inside. Time outside benefits every facet of child development: academic, social, emotional, and physical. The need for outside play doesn't diminish when the temperatures start to drop. In fact, current research shows that kids need hours of free play a day, preferably outside.

So on days when it isn't dangerously cold, let's take our kids outside! We can sled, hike, and build snowmen. We can build snow forts and make snow angels. We can catch snowflakes on our tongues and watch for wildlife through the barren trees. There are so many ideas, and there are so many great places to visit.

All of this outside movement will help move the gunk and germs through our children's lymphatic systems, keeping them healthier throughout the winter. The sunlight will help preserve the size and shape of the rods and cones in our kid's eyes, which are still developing through age nine. The complex movements involved with activities like sledding and stomping through the snow will help our children have quicker, more adaptable brains. Remarkably, senior citizens who dance regularly have a 76% LESS chance of developing dementia. That's a statistic worth paying attention to! Complex movement and our brains are intricately connected. Taking our kids out in the snow gives them a chance to try out skills they haven't experienced all summer, like ice skating, skiing, or simply pushing large balls of snow around to make snowmen.

Playing in nature brings us peace through sounds, colors, and smells. What a delight to see the brilliance of a cardinal land on a tree branch or catch the movement of a herd of deer at dusk. A hike through a towering pine forest will deliver so much more than a good workout. When we take our kids outside, it helps them emotionally. This is especially important during a season in which we can often grow weary of the short days and long nights. Time in natural surroundings will help smooth out the rough edges of life, both for kids and parents.

Playing in nature augments social skills as children practice communicating and collaborating with friends. Using imagination and creativity, kids are intrinsically motivated to work together and continue their play time. Angela Hanscom, pediatric occupational therapist and founder of Timbernook, says that it can take up to 45 minutes for kids to develop a play scheme. Given the abysmal statistic of four to seven minutes of daily free play outside, most kids hardly get the opportunity to practice these imperative social skills. Don't you remember playing outside in the snow with friends as a kid? I remember building elaborate tunnel systems and flying down sledding hills headed directly for the bumps where we would catch some air. I have vivid memories of dressing snowmen and adding that carrot nose. At the end of it all, we would come inside for some hot cocoa! It's one of the world's best feelings to come in from the cold, take off wet gear, and cozy up under a blanket with a warm drink.

If the frigid temperatures are a huge barrier, consider visiting an outdoor location that has an indoor option such as a nature center. Often these centers will have fires going, bathroom facilities, and a place to warm up for a while. No matter how you do it, your children will thank you for investing in their development through nature play all year long, even during the Michigan winters.

For more inspiration and encouragement, I invite you to visit 1000hoursoutside.com. Join the tens of thousands of families just like yours who understand the importance of the outdoor play movement.

The 1000 Hours Outside Challenge provides inspiration, as well as practical tips on how to put down the screens and get outside, and is the brainchild of homeschooling mom, Ginny Yurich.

Finding Your 'Life' with Those Magical Numbers

By Jeanne Adwani

I hope the winter and this hard chill finds you warm and contemplative. I find winter has a way of drawing me into the quiet, fulfilling a deep need to find ways to be creative and keeping the hearth of me stoked and burning. How about you?

It's my birthday today, my solar return. You won't read this for a few days, and by then, I'll have found my way to embrace this new year of mine. The years sweep by so much more quickly with age. That's the part I seek to embrace. My enthusiasm for life and creative pursuits feed my youthful nature, and the body casts doubts to that. In other words, what I see in the mirror and feel in my joints and bones conflicts with my enthusiastic wonder about life. I do have a little mini rant about it that I will not bore you with.

Since it is my birthday and I can make it all about me, I am taking a look at my numbers for this day and year, to share with you. I hope that they will give you insight into your own 'life calling,' which rests in the day you were born. I haven't spoken much about my view of the number system and its relationship to tarot. To do that would be a minimum of a 10-week class, and as much as I would love to teach you all of that right this minute, it's not going to happen.

But… I can give you a little mini lesson in how to find your 'life number' and your 'year number.'

It's really simple.

Learn how on our blog!

Crystal of the Week

Rose Quartz

It's All About the Love!

By Carol Clarke-Tiseo

Rose Quartz is a type of quartz that derives its name from its rose pink color. It is known as the love stone. The message it emits is the peaceful vibration of unconditional love, joy, warmth, and healing. It is perfect for anyone, since everyone needs an abundance of love in their life! It allows one to freely give and accept love to and from all beings, people, animals, the Earth, and especially to oneself. Rose Quartz is a necessity for every crystal healing toolkit and great to give as a gift.

J.D. Dana is credited with being the first to describe Rose Quartz in 1837, named for its color. A silicon dioxide crystal, Rose Quartz is a very common variety of the Quartz family and is usually found in the cores of granite pegmatites. Most Rose Quartz is found in massive pieces, and the crystalized form is actually rare. Translucent or transparent is how a lot of pieces can appear, however, most pieces of Rose Quartz are fairly opaque. All colors and types contain excellent healing qualities.

Read more about quartz and its profound energies on our blog.

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The winter issue of *The Crazy Wisdom Community Journal* is coming! With articles on holistic practitioner Karlta Zarley, the kindness of trees, cashiering during a pandemic, artist David Zinn, and the Importance of Honoring Our Ancestors. You don't want to miss it!

Art by David Zinn

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Hand Crafting

A Little Winter Twitter

By Jennifer Carson

I love seeing the flash of dark color against white snow when the chickadees come to eat at my birdfeeder. Chickadees are one of a handful of birds that stay in Michigan when the snow comes calling and their songs are sure to lift your spirits when the day is gray. This little chickadee pin looks deceitfully hard to make, but is really rather easy. It will make a great gift for a friend who needs a bit of winter cheer.

Materials:
2 ½" x 5" rectangle of black wool felt
5" square of white wool felt
2 ½" rectangle of Pellon fusible web
Black, white, cream, and gray embroidery floss
1 black glass seed bead
1 sew-on pin back
Small scissors, embroidery needle
Iron
Freezer paper

To begin, trace the body pattern of the bird onto freezer paper. Trace the black marking pieces onto fusible web.

Cut out all pieces from the papers close to the line but not right on the line.

1. With a warm iron, fuse pieces drawn onto the fusible web to your black wool felt. Be sure to place the shiny side onto the fabric or you'll have a sticky mess on your iron!

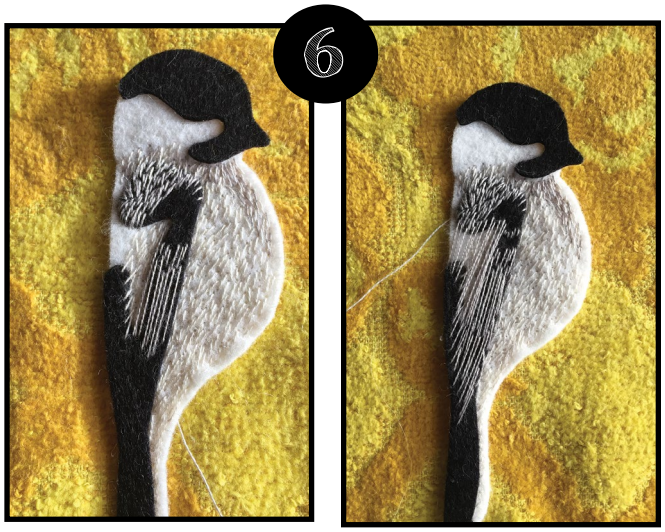
2. Press body piece drawn on freezer paper onto your white wool felt.
3. Cut body out of white felt, right on the line, and repeat the process so that you have two body pieces.

4. Cut the black marking pieces from the felt. Cut right on the line! Peel the paper backing off the web and place the marking pieces onto one of the white felt body pieces. Press in place with a warm iron.

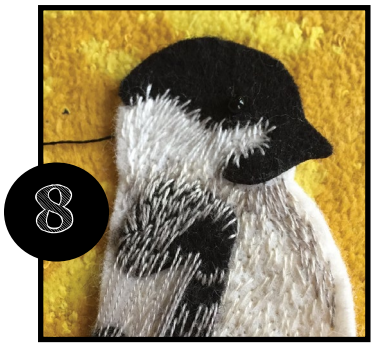
5. Thread a needle with one strand of cream-colored floss.

Using a straight stitch, add details down the bird's chest, and above wing. Be sure to overlap the top of the wing just a bit to soften the edge. Keep your straight stitch shorter near the head, and a bit longer on the body. Also keep in mind the direction feathers lay on the body. You don't want to stitch across the chest and belly, but in the direction of chin to belly.

6. Add a bit of wing detail with one strand of gray embroidery floss over top of wing and longer stitches on right edge of wing. Continue with long stitches over the white part of the wing.



7. With one strand of white floss, stitch the head on the inside of the cut out, overlapping the black cap a bit for a softer edge. Use varying stitch lengths.



8. With one strand of black floss, sew on the bead for his eye. Add stitches in the black felt areas, overlapping edges to soften, but don't embroider the beak. Use longer stitches on the tail feathers, and shorter stitches on the head.

9.Sew pin back to the back of the second white felt body piece.
10. Match back body piece to front body piece and pin together.

11. Using a small blanket stitch or whipstitch, sew body pieces together along edges. I switched between black and white thread.

I hope you enjoyed making this little winter chickadee! I'd love to hear from you and see your final project. Post a photo on the Crazy Wisdom Community Journal page on Facebook with the tag #winterchicks.

Jennifer Carson is a local artist and writer with over 60 sewing patterns for both handcrafting and machine sewing. Visit her online at: thedragoncharmer.com or find her on Pinterest @ magickal.

Find the pattern pieces for "A Little Winter Twitter" on page 17!

GNOME SWEET GNOME

By Michelle McLemore

The time of the winged fairies may not be over, but if you look around, there is no doubt that gnomes have surfaced in great numbers. To be clear, it is a misgnomer to mistake gnomes for elves, dwarves, or even trolls. (I know you're thinking "O' gnome you didn't!" But yes, I did, and will continue to do so. Better settle in with your cup of mint or rose-hip tea.)

Perplexing for the average shopper is the uncanny resemblance between gnomes and Santa Claus figurines these days. Perhaps there is an uprising afoot to remake our fairy tales? Are merchandizing agents employing gnomadic tendencies to encroach from Gnome Depot all the way to the North Pole and reframe cultural history in doing so?!

Breathe. It isn't a conspiracy. Google searches show gnome interest rates have been rising since 2015—a 525% increase. There's gnomistaking the rise in popularity of the earth dwellers. So, after a trip to Bronner's and seeing gnomes peering from nearly every angle, I thought to dig in, and uncover if I could, the history and mystery of gnomes.

The first mention of gnomes in written history was by Paracelsus, born Philippus Aureolus Theophrastus Bombastus von Hohenheim (say that three times fast as a lightening bug!). He detailed the gnome on the range as well as other locations in A Book on Nymphs, Sylphs, Pygmies, and Salamanders, and on the Other Spirits in 1566. His largest deviation from conventional thought was to insist that understanding Nature's elemental beings was critical to understanding the full breadth of God's creation. Unlike most religious clergy of the day, he argued that the elementals were not devils or part of any sinister plot to thwart humanity. Paracelsus classified the elementals into four categories: nymphs (associated with water), sylphs (the air), pygmies (the earth), and salamanders (fire).

For our gnome tome, it is the pygmy/earth category of interest. Over the years, the gnomenclature of the pygmy category became further delineated to include satyrs, pans, dryads, goblins, trolls, brownies, leprechauns, dwarves, and of course gnomes. All are linked closely to living with the earth, though not all live within it nor possess the same physical or metaphysical traits.

In New Latin, the word gnome is believed to come from genomos meaning "earth dweller." Paracelsus believed gnomes could walk through the earth, as humans walk above, and that they possess the energies linked to stone and minerals of the earth. In minding your gnome business, the small ones in general are also described as having a better sense of scent than most animals, are built for speed, and are seven times stronger than humankind. Gnomematter the challenge, gnomes are said to be endowed with sufficient skills to prevail. There is even rumor of abilities to energetically manipulate natural material—especially in times to guard the earth and wildlife from callous or low-minded intentions.
For quick identification, the males wear red conical hats, grow to about 15 centimeters (without the hat), and maintain a full beard (unlike dwarves). Females are rarely seen, staying inside and wearing more camouflage colors. Light beards only begin to show in the lady's 300th year. Typically, gnomes assist wherever they reside (house, barns, garden, farm, woodlands, dunes) and prefer only to come out at night. Dutch and Norse oral traditions most closely align with how gnomes are represented today, so 'tis speculated that it was these cultural stories which later softened the harsh German portrayals of gnomes. Oh, and it is more common to see gnomes with different colored hats these days. Fashion sense appears to have evolved a bit, but red is still the traditional color.

So, why is the human world seeing more gnomes during the latter part of the year? Winter is gnoming! In Scandinavia, gnomes are the bringer of gifts to good children on Christmas

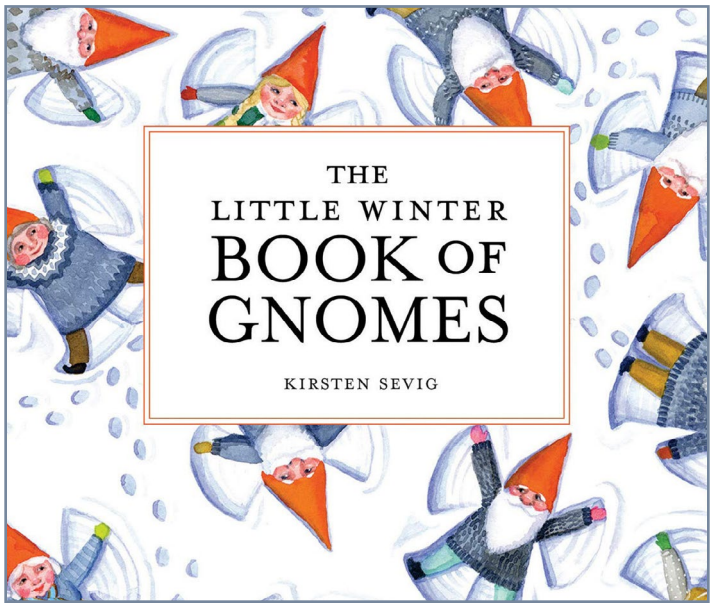
Eve. Similar to Santa Claus traditions, children will set out food (porridge counts as a treat?) and in return, presents are left for the doting wee humans. (Will you be gnome for the holidays?)

The Swedish word for both Santa Claus and house gnome is Tomte. Not surprisingly, the Swedish Santa looks like a gnome. It fits tradition that the house gnome's "job" and joy is to help protect a family and its herds, working in the shadows to ensure happiness and health. Bringing good luck to the residence or property, gnome figurines are often tucked into barn rafters or around property and gardens even to this day around the world. In Finland, it is the tonttu that are associated with winter solstice and the Christmas season—also described physically akin to the garden gnome. The wisest advice is to be a good steward of your home and to be respectful toward any elemental that may live near. Patience can be in short supply with gnomes of any culture if they believe you are being wasteful, lazy, or abusive to your keep.

So why now? Why so many gnomes? Someones, somewheres, are acknowledging the elementals in this coming season and the strength of earth itself. It is a bi-gnome-ial at its finest—two expressions of a complex equation (spirit plus matter) for the good of us all.

May your cup runneth over, your boots be dry, and your heart prone to loving this season and always. And if anyone asks? My gnome-de-plume is… Gnomi Scryve, of course. Good day.

Need more Gnomes in your life? Check out these books available at Crazy Wisdom!



In *The Little Winter Book of Gnomes*, Sevig invites readers into a cozy wonderland of her own prolific imagination. With recipes for holiday favorites like mulled cider and gingerbread, this book is the perfect gift to inspire readers to take joy in all of winter's little happy-makers.

Gnome's Gnotebook is a work of contemporary poetry reflecting thirty years of observing life. Poetry is art and all poems included within Gnome's Gnotebook are literary paintings translating the visual natural world into mental images, which are then re-interpreted by each person in light of his or her own life experiences. By sharing and re-interpreting these experiences through the art of poetry, we come to understand the very uniqueness of who we are in the created world and hopefully, to appreciate the dignity of our common humanity.

Stepping Into The Current of Wisdom

By Sibel Ozer

I recently came across a photo of an autumn leaf inside a hand. The veins of the leaf lined up with the lifelines of the palm, blending into one another. A beautiful image of our interconnectedness.

I think of the psyche similarly, as an extension of nature, an invisible landscape with its various terrains, different weather patterns, and inhabitants.

When it comes to understanding and navigating life and relationships there often seems to be an element of "building a puzzle with missing pieces." In other words, an element of the unknown or unknowable.

Compared to previous generations we know a lot more about a range of topics involving the mechanisms of human thinking, emotions, and behavior from the role of genetics, the functioning of the brain, the impact of the environment, and the place emotions play in rational decision making. And yet, for all the knowledge available to us, certainty around what would be most needed or helpful to a particular person dealing with a unique life situation remains just outside our reach. This doesn't mean that there aren't answers to be had, but rather that a journey is needed to reach them.

In a psychotherapy session it is often after something is chosen and pursued that we get to find out whether or not it really was what was most needed by the way our client reacts to it. Some sessions are helpful while others are just what the psyche needed that the mind didn't even know it needed. I've watched over the years how the latter often comes through an unfolding that was spontaneous, as opposed to a meticulously executed therapy plan.

The first decade of my career as a psychotherapist was spent deepening my practice as I continued to acquire information through numerous post-graduate trainings. Our training recommends that we make assessments and follow treatment plans, that we increase our knowledge and techniques, that our sessions follow an agenda based on the study of the client through rational inquiry. As the years went by, and I continued to pay attention to the quality between my sessions with regards to what worked and helped, I found myself prioritizing the emergence and unfolding of sessions in their own accord, which is a far less cerebral process, than the former. The seeking of wisdom, it turns out, is a different endeavor then the seeking of information.

Einstein is attributed to have said that the intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift. So, even as it is logical to rely on the rational mind more than intuition because it is the only seemingly reliable source that we can depend on, I have come to realize the wisdom to give more consideration to the suggestions of the intuitive mind despite its lack of controllability and predictability.

It feels harder to go to intuition for advice as there are no guarantees as to what, let alone if, we will receive something. This ambiguity feels very distasteful to the mind. And yet, most seasoned therapists rely on intuition regularly knowing that if we hold on to our carefully mapped up treatment goals or step-by-step treatment protocols too tightly, it is hard to attune to the less concrete factors of relationship.

The real dilemma lies in the challenge of holding on to knowledge as well as tuning into the mysterious unknown that has a capacity to reveal what is most needed simultaneously. So, I am not suggesting that we choose between the two minds, but rather that we allow the reconfiguration of our knowledge base to be new and fresh with each client, which can only happen through the leadership of our inner wisdom.

When I was in training for sensorimotor psychotherapy with Pat Ogden, she would present a concept with great detail—starting with a definition, moving onto applications, and then adding a video example of how she used the concept in session. We would then pair up to practice the concept with one another in an effort to move the theoretical into practice. I remember a particular day I was overwhelmed with trying to hold onto all the pieces of information I had just received as we were moving into the experiential. When I voiced my concern, her counsel was simple. "Let go of everything you just learned, and do what you do." I remember thinking this must be a bad joke, that somehow what she said was paradoxical—the goal was that I retain the information, not forget it, I was pretty sure.

What she meant, of course, was that I didn't need to lead from the knowledge or hold on to it for dear life. She meant that the knowledge had already entered my system, would probably need some time to be digested, and that in the meantime I was there to try things on, let things unfold, and learn from that as much as the teachings. The real teaching was hidden in how she applied these principles herself: creatively, with flexibility, no one session of hers looking like another, each one requiring her to combine the principles in a unique way or come up with new ones when

necessary. The heart of the teaching was that attending to the revelations of the body over the mind are more effective in working with trauma clients. The way we went about doing that would look slightly different every time.

Allowing therapy to be unique and different with each session requires us to lead not from the mind that likes to commandeer a session, but from a collaborative approach between the mind and intuition. This requires being client centered, being willing to let their psyche decide what matters and how to go about attending to things. It also means being open to the field between therapist and client and all that might be residing there which is invisible to the eye—such as the personal unconscious, the collective unconscious, and the transpersonal realms.

An art piece I created while thinking of working in this way revealed a topographical difference between the mind and intuition. We often think of the psyche in parts and it is pretty hard wired in our minds that there are layers similar to an iceberg, some available to decipher, residing above ground, and others needing digging into layers.

What my painting revealed was the difference in the landscape of the two minds (sometimes also referred to as a left brain/ right brain dichotomy). I now think of the rational mind as solid land, which includes the conscious and parts of the unconscious realms, as the unconscious often comprises of what the conscious mind rejects. And I have come to understand that insight and wisdom are to be found in the waters. There is a current of wisdom that runs through the land like a river and this is where we can find our connection to our inner being, what Jung called the Self with a capital S. This is the place where attunement happens, where intuition runs free, and where wisdom is all abound, apart from the knowledge that resides in the mind, but able to draw from it.

This difference is often referred to as a separation between the mind and the heart, the mind being the source of cognition, and the heart, of intuition. The heart, however, is also designated to be the container of emotions, and emotions are more connected to the mind than wisdom. Or rather, emotions appear as the weather patterns on the landscape, having a cyclical nature to them. Appearing, intensifying, and then transforming into something else. We would be remiss to rely on our emotions over our thoughts, thinking they are the source of wisdom. Wisdom is a dynamic in its own right, separate from mind-generated thoughts and emotions.

The current of wisdom refers to the place Yunus Emre, a Turkish wonderer and poet, defined as:
“There is a me inside of me, deeper than I.”

I know that when I enter the waters as opposed to staying on land, I am no longer thinking, but allowing the questions and answers to reveal themselves in their own rhythm. I am not deliberating or commandeering, but rather letting the session unfold as if it were an intuitive painting, getting out of the way so that the current of wisdom can offer its gifts. It is not that I am cutting access to my knowledge as much as letting it configure itself in a creative way, almost of its own accord. It is a practice of allowing the questions and answers to arise, as opposed to thinking them up.

When it comes to grappling with the meaning of life and actions humanity makes individually and collectively, we need the accumulation of knowledge that builds upon itself, some of it changing with time, some remaining as unchangeable as the temperature at which water freezes. We also need to rely on our creativity, our myths, theater, art, music, literature, and poetry, that also change over time, and yet continue to address the mysteries of life, the unknowable and the confounding, the boundlessness of the universe and love, the existential angst and search for meaning that exists in us all, our attempts to come to terms with the harsh realities of sickness, aging and death, our interconnectedness and interdependence with all living things, and the choices we make contrary to reason.

Rollo May wrote *The Cry for Myth* in 1991, and Thomas Moore’s *Care of the Soul* was published a year later, both of them clarifying our need for myths suggesting against reason that they are not falsehoods. That they are not products of the imagination that have no value or weight compared to the rational mind, but that they need to be recognized as essential to human health, valued as equally as we would value both sides of our brain.

And yet, western society seems to have overvalued rationality, and often ridicules or dismisses the creative function, as if we are walking around as minds without a soul, or heads without a body. Mental health itself is often neglected compared to physical health, as it seems less straightforward to deal with, let alone heal. Disconnected from the layers of our being, we have lost our connection to other living things, including nature Herself.

I found a most fitting analogy in Mary Reynolds’s *The Garden Awakening*. She writes about the land being alive, both in terms of teeming with creatures on and below the surface, and also in the way we are alive—conscious, and capable of feeling, hurting, and healing. She is referring to the few remaining wild places left, where the Spirit of the earth flows freely, where harmony and balance exist, where humankind hasn’t changed the natural order of things. As she discusses the difference between an English garden and a wild one, I thought it is not that different from a person who is all Mind, disconnected from their Inner Being.

When we suppress intuition, when we function from cognition only, we cut ourselves off from what makes us truly alive, awake, in harmony, and connected to the rest of life.
In our work as psychotherapists if we rely solely on knowledge and our mind, we lose out on the wealth of information that resides in the currents of wisdom that reside within each of us, ourselves, and our clients. It is not as comfortable to flow with the waters as it is to stand on land, yet it proves to be immeasurably helpful to offer our clients what might be most needed in a given moment.

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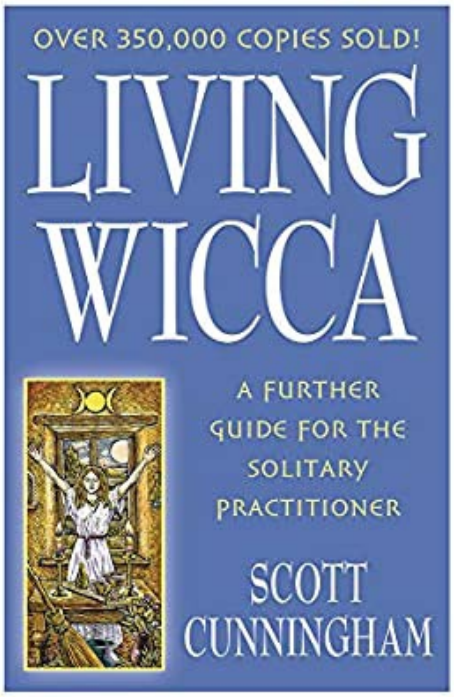
Crazy Wisdom Book Pick of the Week



Living Wicca
by Scott Cunningham

Living Wicca takes a philosophical look at the questions, practices, and differences within Witchcraft. You'll learn how to create your own rituals and symbols, develop a book of shadows, and even become a high priest or priestess. Also covered in this Scott Cunningham classic are tools, magical names, initiation, the Mysteries, 120 Wiccan symbols, and the importance of secrecy in your practice.

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Wear a mask when you shop
Use sanitizing wipes to wipe down carts
Maintain social distance 6 ft apart
Use hand sanitizer to disinfect your hands before and after shopping

Calendar Editor Wanted

The Crazy Wisdom Community Journal is looking for a detail-oriented calendar editor, a person who is interested in the holistic and conscious living subjects covered in our publication.

The Journal is published three times a year, and it includes a community calendar for our readership – somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. You must own your own computer as this is a work-from-home position, and you must be local to the Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest and a resume with relevant work experience to Jennifer@crazywisdom.net.

(This job pays reasonably well, but it is a very part-time position.)

The Crazy Wisdom weekly Calendar

Channeling

Evenings with Aaron via Zoom • December 16 • 7 p.m. • An open session with Barbara Brodsky channeling Aaron. A special evening of Christmas Stories. Talk followed by Q&A. All welcome. Aaron will speak about spiritual practices such as Vipassana (Insight) and Pure Awareness; how to work with inner guidance; and how to support changes in our physical/spiritual bodies through work with body energy, the elements, sound, and an open heart. For more information email om@deepspring.org or visit deepspring.org.

Remembering Wholeness via Zoom • **December 20 • 2 p.m. •** Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in conscousness. The powerful energy of The Mother gets transmuted as she looks directly at each person through the camera. Number of participants limited; register early. For more information email om@deepspring.org or visit deepspring.org.

Kabbalah

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • December 13 • 1 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace."For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops

Weekly Zohar (The Book of Radiance) Study • December 13 and 20 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • December 11 & 18 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Virtual Trainings

Reiki Holy Fire III® Level I and II Training • Begins December 12 • 9a.m. • Receive training and placements so you can perform Reiki on yourself and others. This is a 2 day training - Dec 12, 9-5 and Dec 13, 9-3. For more information email email celia at celia.yogacentric@gmail.com or visit them online at yogacentric.net.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

White Lotus
F·A·R·M·S
thank you
When Covid-19 turned our lives upside down this march, people came together at our farm and found a way to have joy in a time of hardship. We are honored to be a place where so many of you have come to find refuge and serenity.
Thank you to our fellow farmers and food makers who came through when supplies were scarce in stores. Together we showed we could nourish our people when they needed it most.
Thank you to everyone who came out to support us and all of the local businesses who make up the fabric of our community. We built a lot of new friendships that will endure after this is over.
Marrow, MI Farm to Freezer, Tantre Farms, U-M Campus Farm, Two Tracks Acres, Bay Port Fish Co., Detroit Mushroom Co., Go! Ice Cream, The Brinery, Roos Roast, Bee Sweet, J. Patrice Chocolate, Beau Bien, Boochy Mama, Neu Kombucha, Kuntry Gardens, Juicy Kitchen, Chef G, Tiffin Tonight, Panda Moon, Aunt Née's, Hummus Goodness, Nemeth Orchards, Green Things Farm Collective, Goetz, Sunburst Blooms, Hey Honey, Sherry's Pies, Whitney Farms, Shetlers, Pine Ridge Organics, Purple Bee Farms, Walnut Ridge, Honey Bee Farms, Why Not Pie, and many more...
White Lotus
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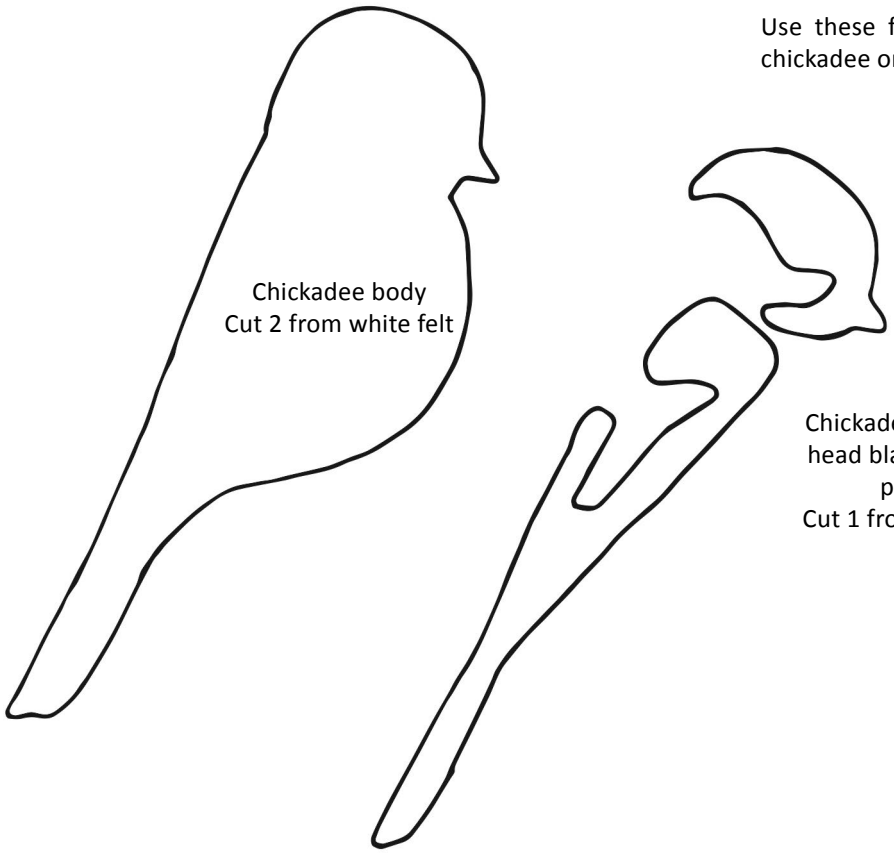
whitelotusfarms.com
7217 w. Liberty, Ann Arbor

Use these full size pattern pieces to make your chickadee ornament or pin!



"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"
– Bob Hope

Photo by Annie Spratt on Unsplash.